

Choosing the Right Milk

**Reason
for
Request**

Rash, hives,
vomiting,
wheezing

M.D.
order

Preference,
religion, culture,
veganism

Gas, bloating,
cramping,
diarrhea

Constipation

Assess

May be
Milk
Allergy

Milk allergy
or other
high risk?

May be
Lactose
Intolerance

Refer to
RD/DN
to assess

Yes

No

Assess
diet

Assess
diet

Assess Diet
Ask: Tolerate
any dairy?

Assess
diet &
milk
intake

**Offer
Education**

RD/DN
discuss
(including soy
tolerance)

Excluding dairy could make it hard
to get specific nutrients
(such as calcium, Vit D, Vit B-12)

low lactose
dairy

fiber, water,
exercise &
appropriate
milk quantities

**Document
in INEP**

C89: Food
Allergy: *If
appropriate*

Soy & Tofu package
issued due to...

C111:Lactose
Intolerance

Discussed
constipation...

**Select Food
Package**

If appropriate

Soy & Tofu
CT4S, CP4S

Low Lactose
CT4L, CP4L

Standard
CT4W, CP4

